



Considerations on Shock

*Ruminations about the
Past, Present, and Future*

An aerial photograph of a city skyline in the background, with a large, modern medical center campus in the foreground. The campus features several large, multi-story buildings, green spaces, and parking areas. The text is overlaid on the image.

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*I have no disclosures
to make.*



*I am full-time as
academic faculty at*

UT Southwestern

The background of the slide is a photograph of medical professionals in a clinical setting. A person in the foreground is wearing a white lab coat and a stethoscope, looking down at a patient. Other people are visible in the background, some wearing white coats and others in blue scrubs. The overall scene is brightly lit, typical of a hospital or clinic.

Part 1 = General

Considerations in Shock

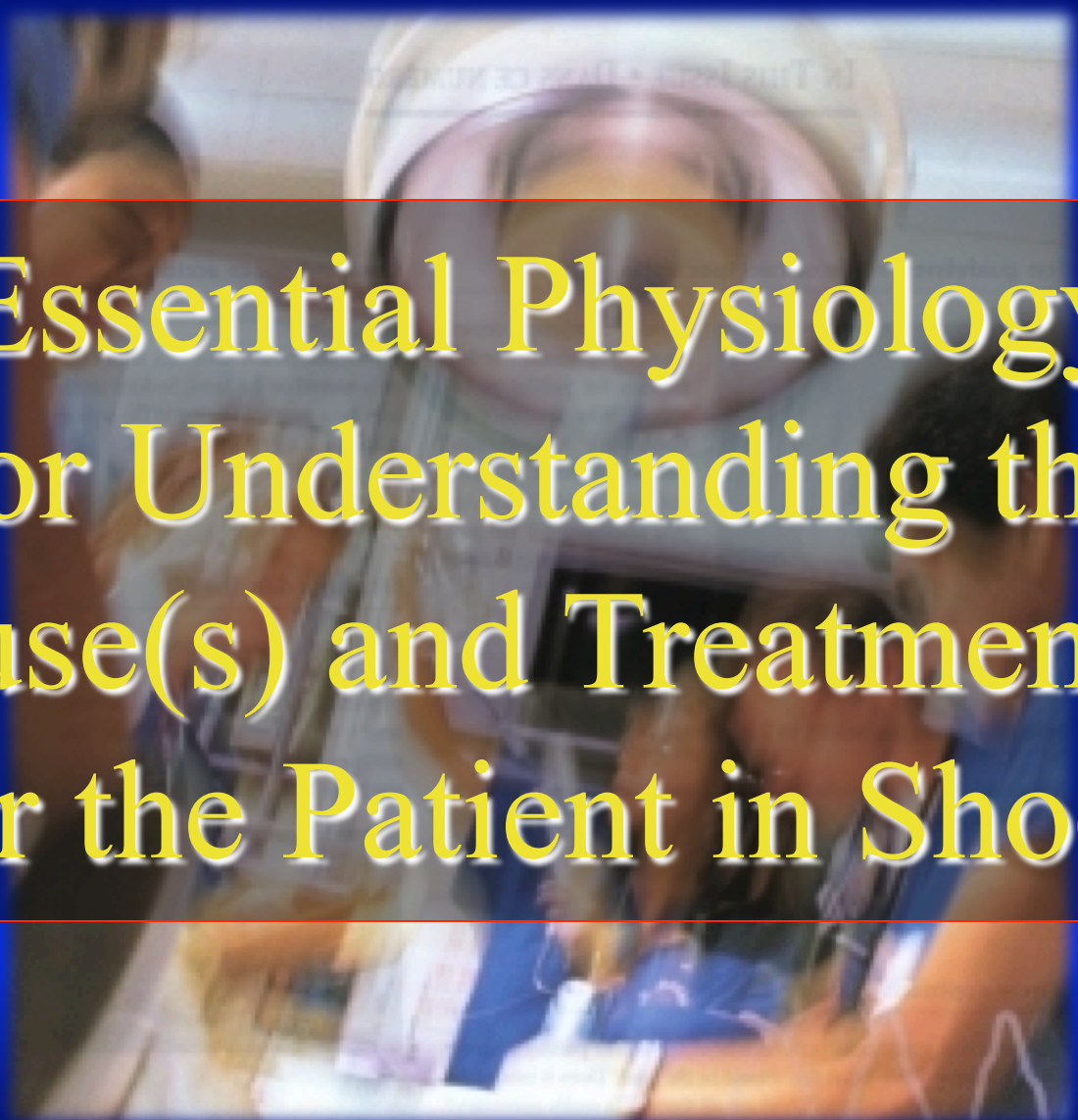
Part 2 = Update from the

Shock Chapter Edition 8

Part 3 = Future Directions in

Shock Assessment and

Management



**Essential Physiology
for Understanding the
Cause(s) and Treatment(s)
for the Patient in Shock**

Shock

“The term “*shock*” describes a condition that occurs when the perfusion of the body’s tissues with oxygen, electrolytes, glucose, and fluid becomes inadequate to meet the body’s needs.”

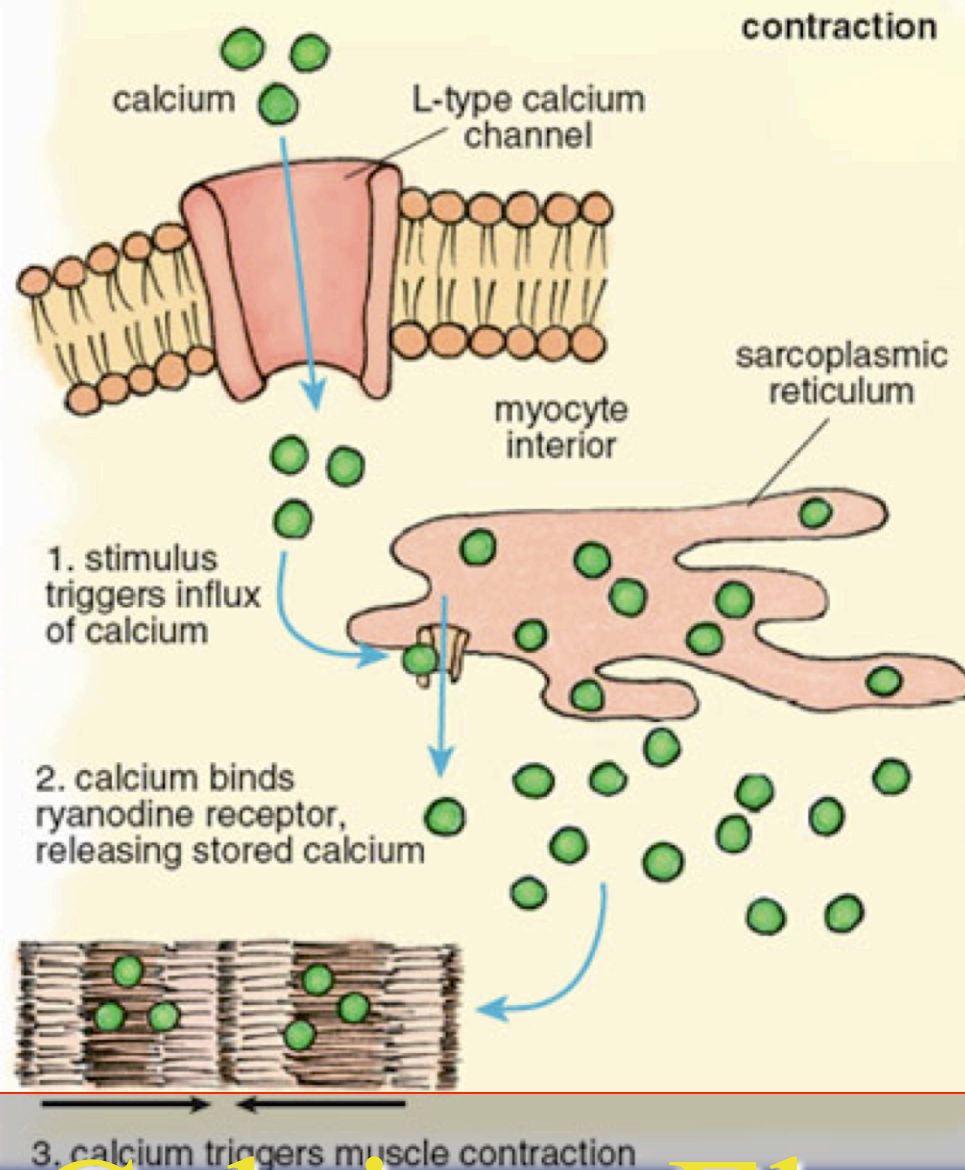
Shock

Deprived of oxygen, cells begin to use “backup” processes, which make energy for the body less efficiently and produce toxic by-products such as lactic acid.

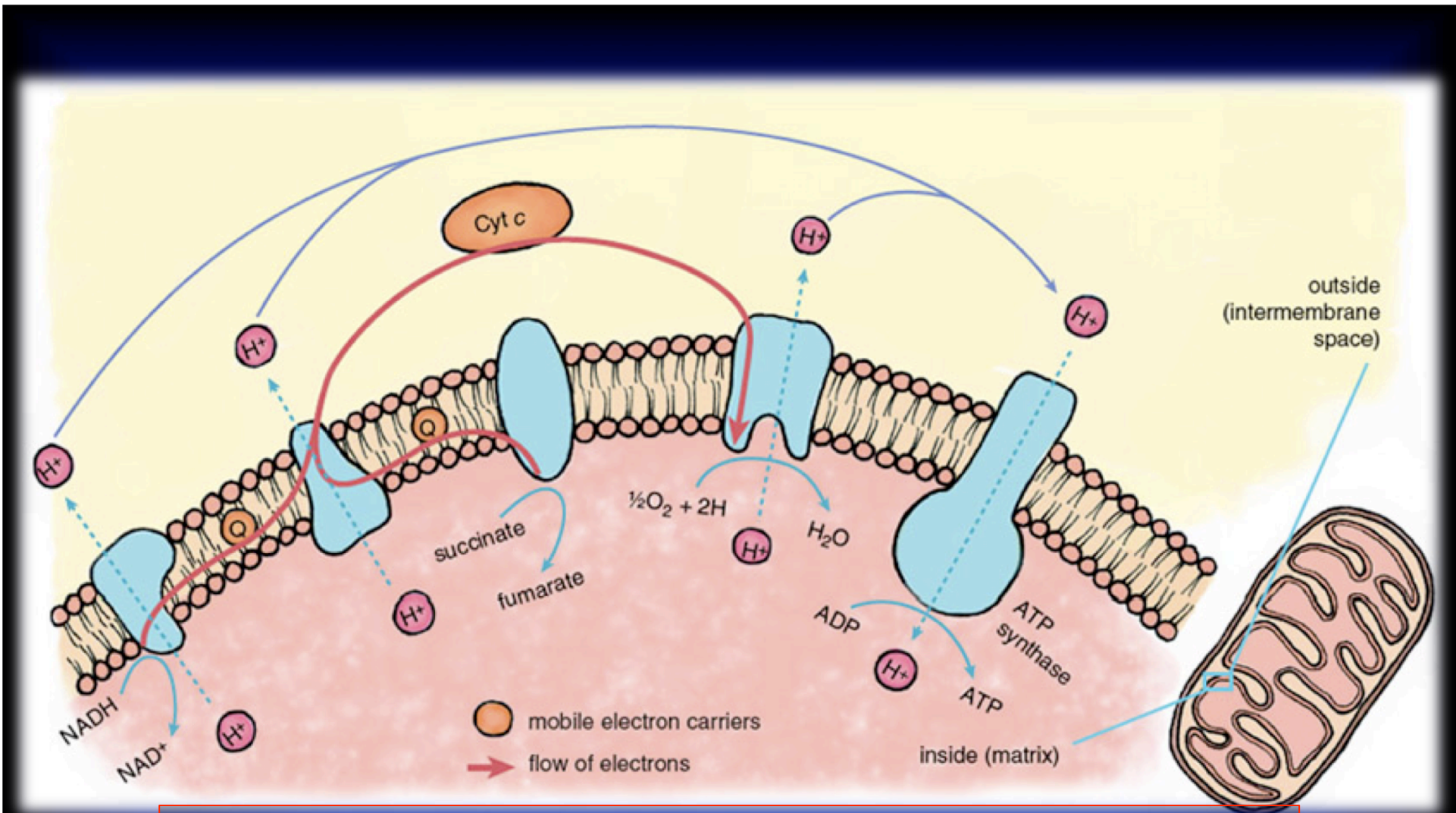
The backup (anaerobic) processes may postpone cellular death for a time.

Shock

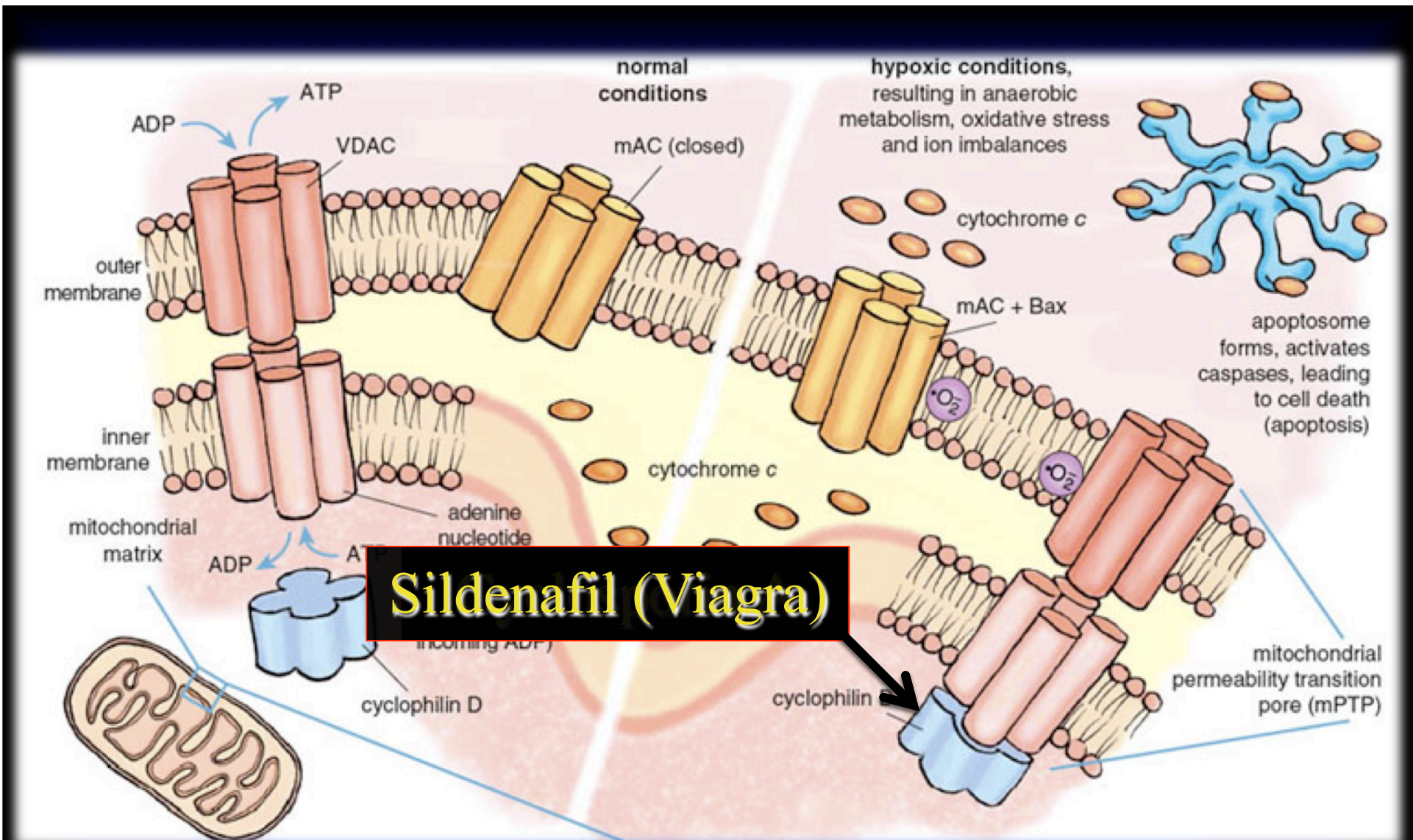
However, the lack of oxygen is compounded by those toxic by-products because they can poison certain cellular functions, such as the production of energy by mitochondria.



Calcium Flux

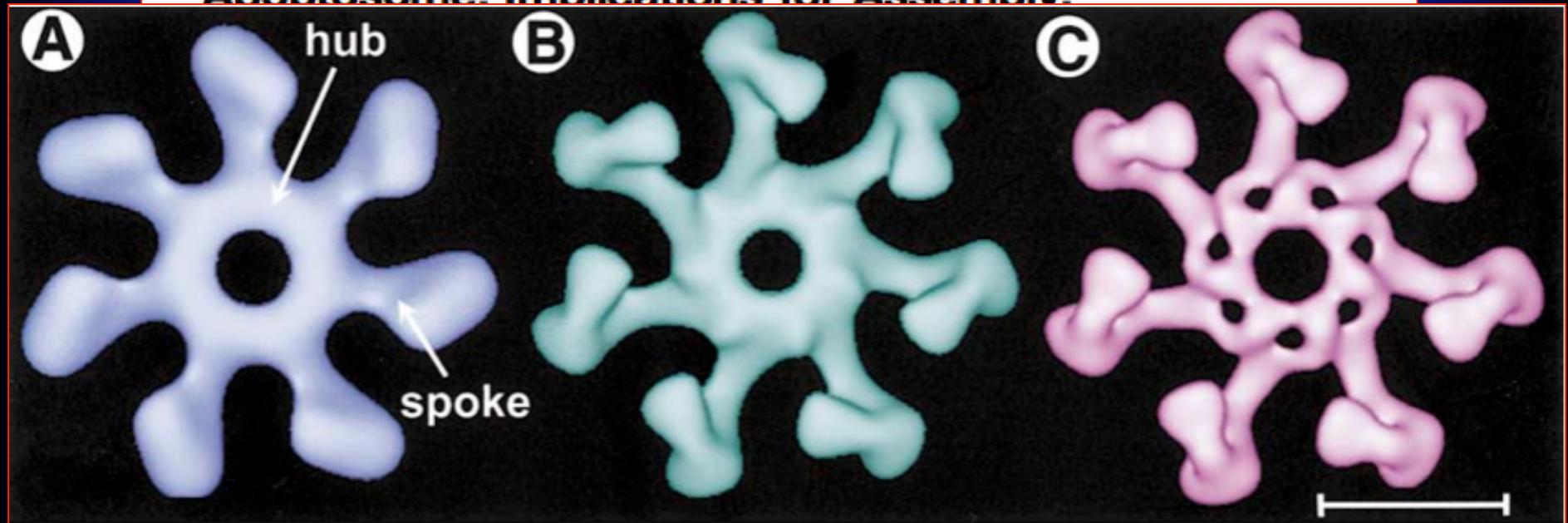


Electron Transport



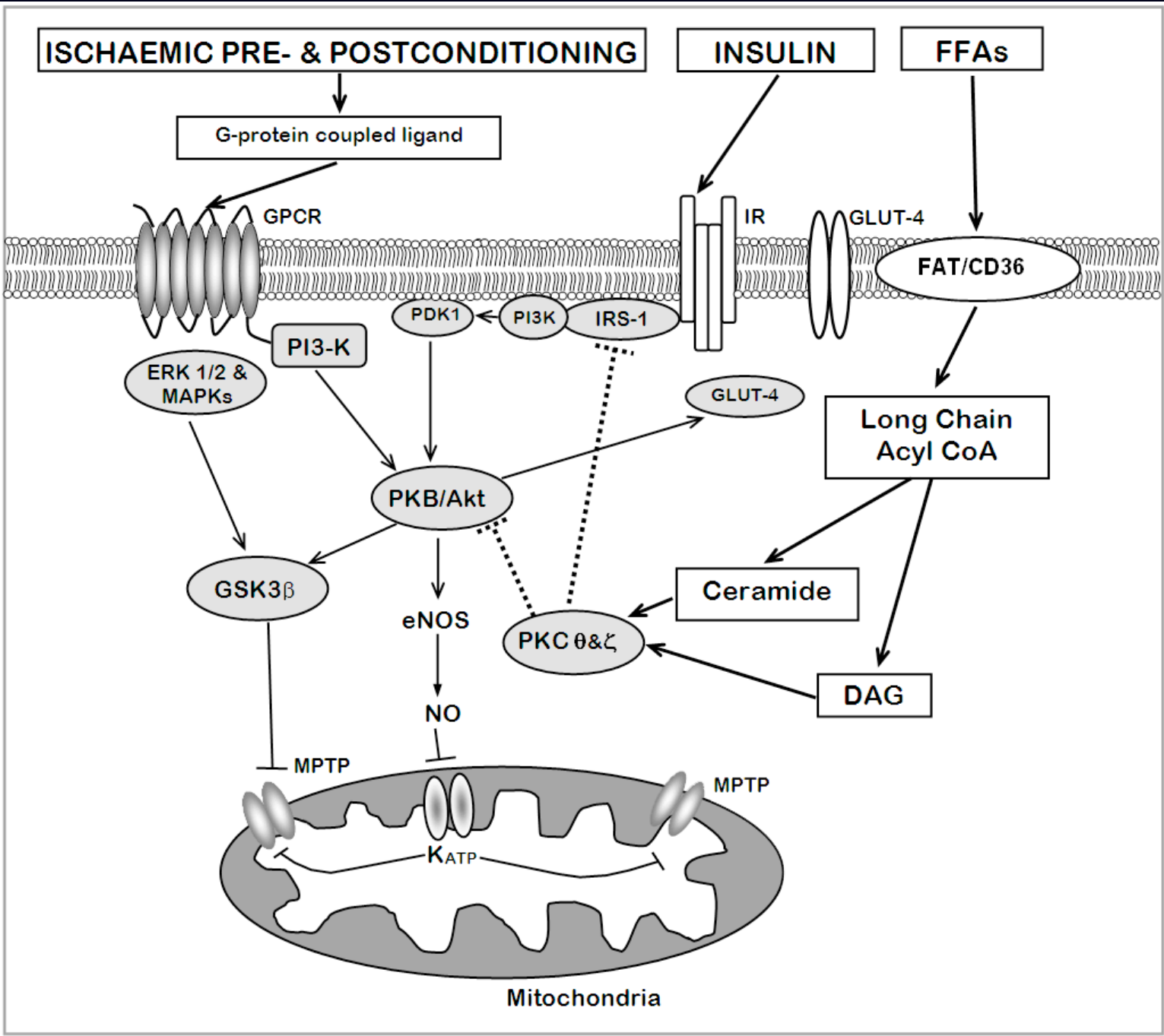
Protecting Mitochondria

Three-Dimensional Structure of the Apoptosome: Implications for Assembly.



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St. Louis, Missouri 63110

promotes assembly of the apoptosome. This large protein complex then binds and activates procaspase-9 (Srinivasula et al., 1998; Zou et al., 1997, 1999; Li et al., 1997; Hu et al., 1999). A nonhydrolyzable ATP analog (ADP-CP) also promotes apoptosome formation. This suggests that assembly may be initiated by nucleotide binding rather than hydrolysis (Jiang and Wang, 2000).



Oxygen Management

Considerations on the movement of oxygen from the atmosphere into the tissues of the body



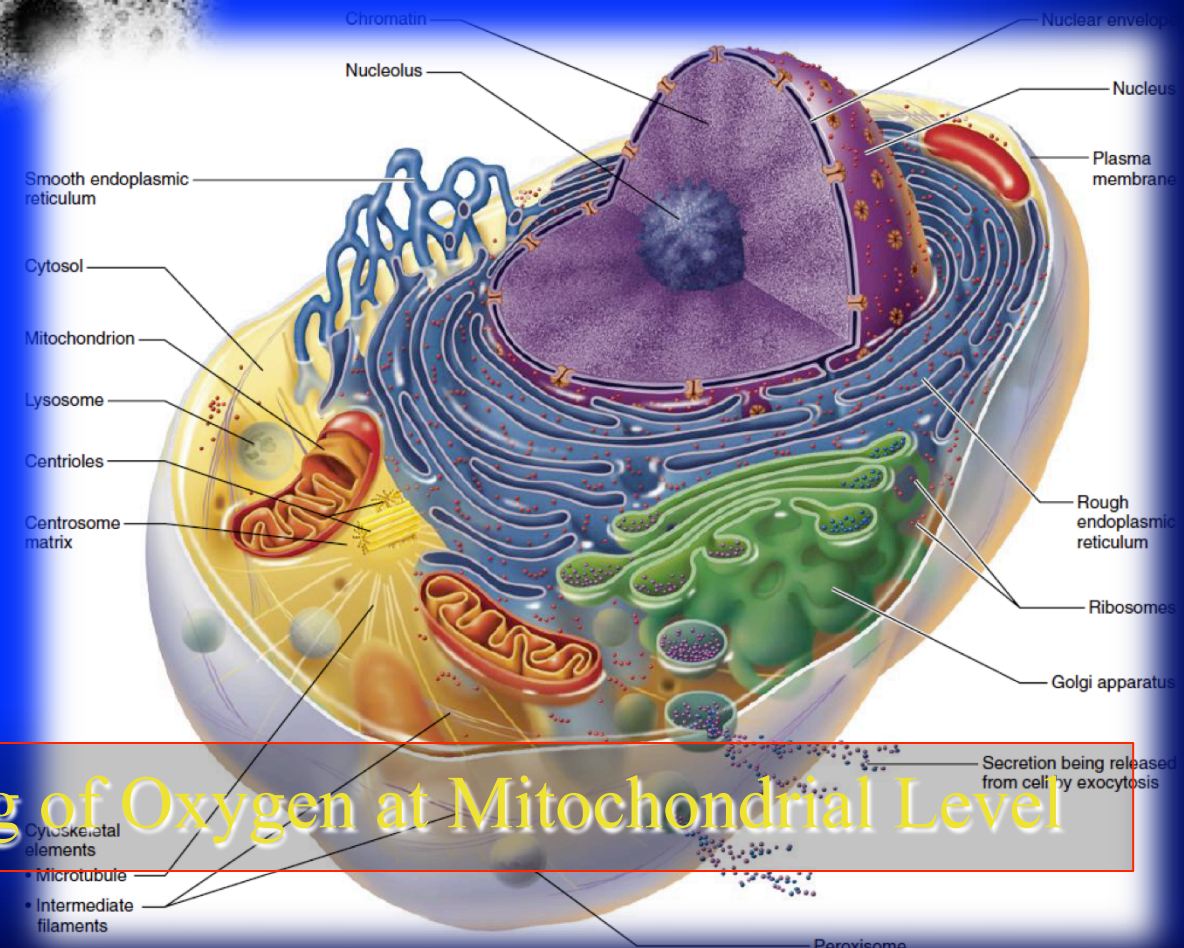
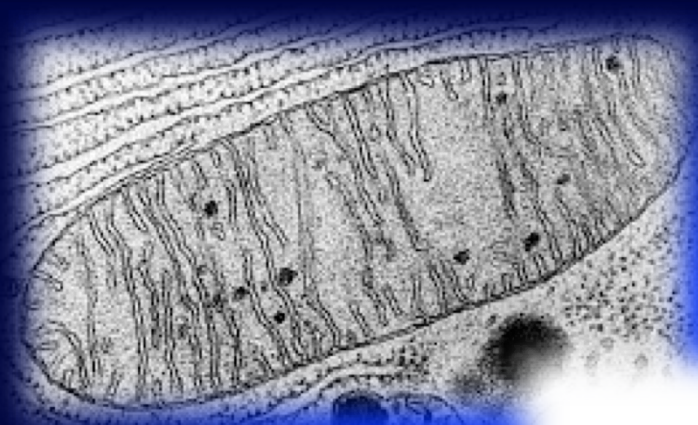
Atmospheric O₂ = ~ 150

Alveolar O₂ = ~ 100

Arterial O₂ = ~ 80 – 100

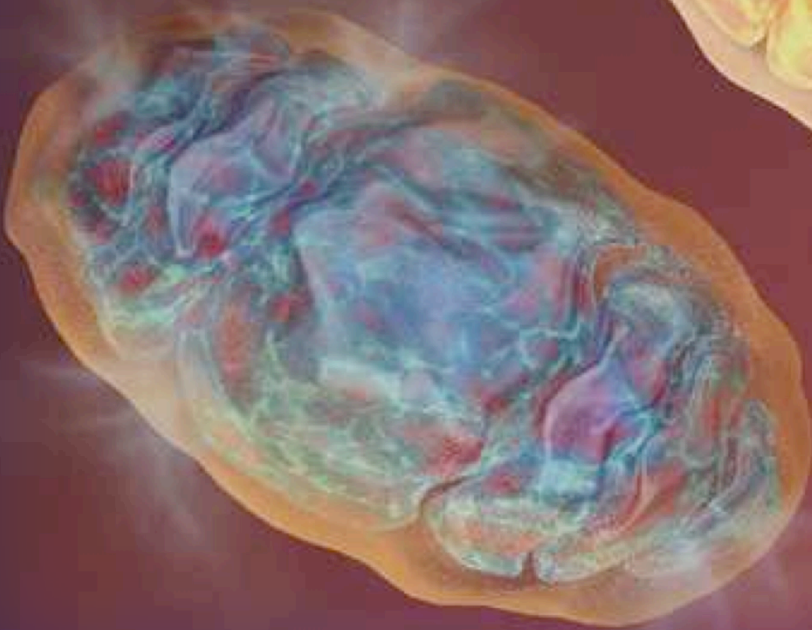
Tissue O₂ = ~ 40

Tissue Damage at ~ ≤ 10

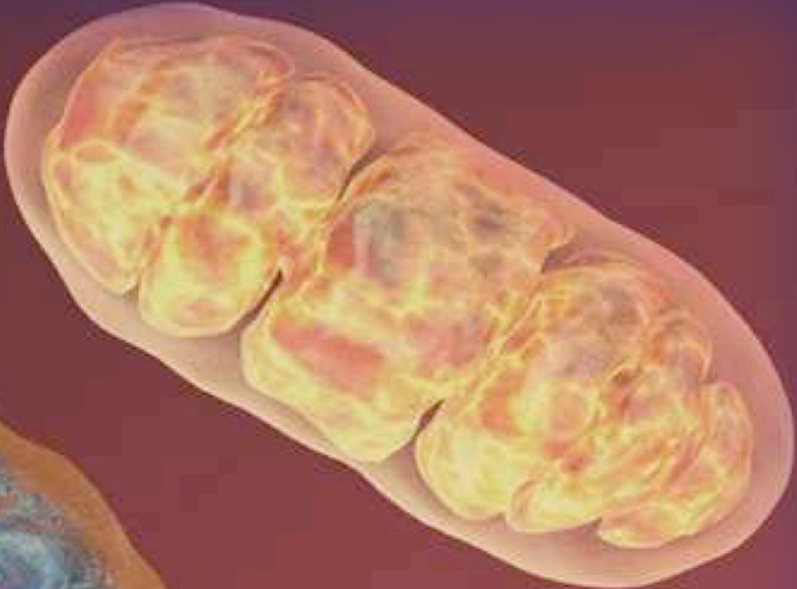


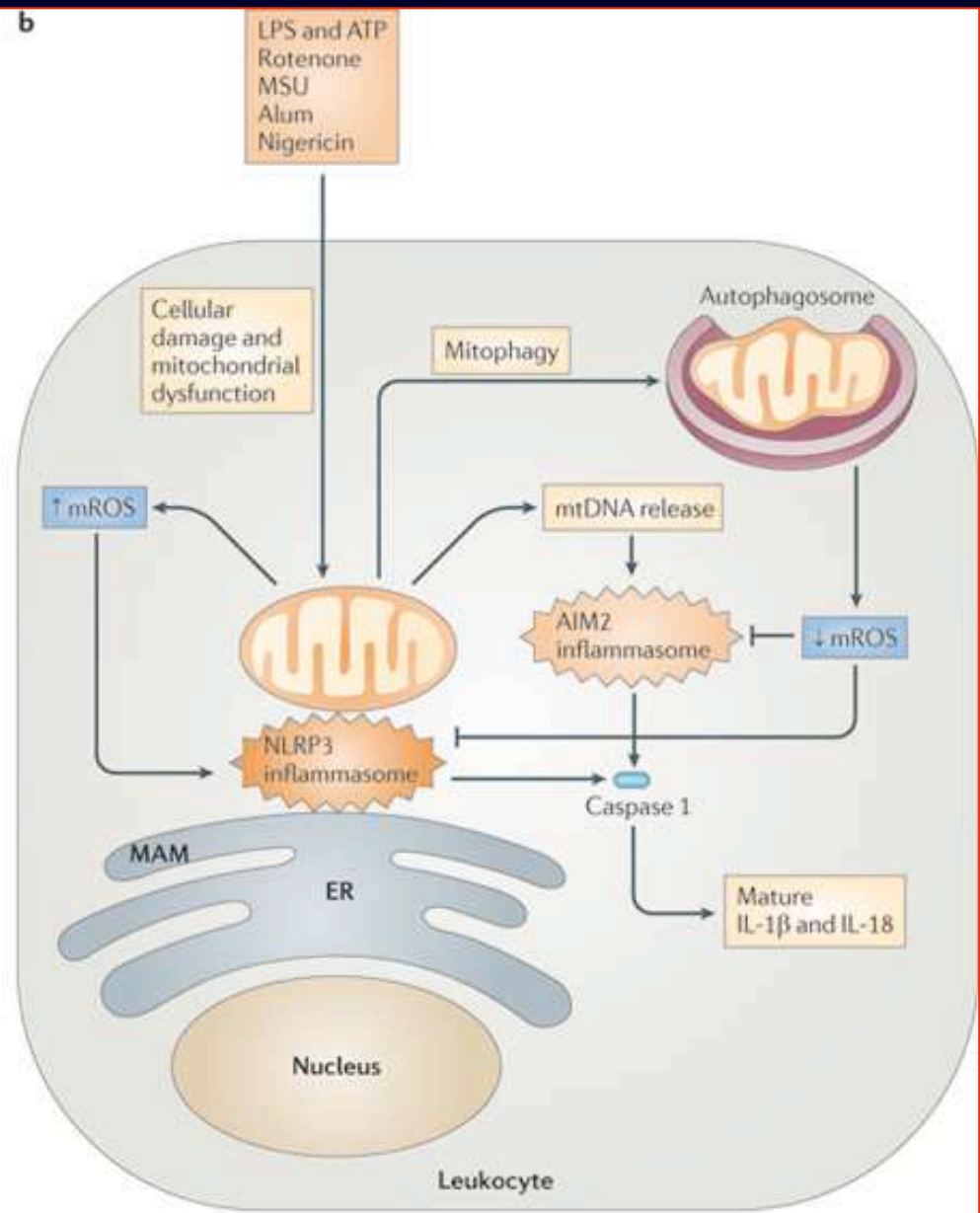
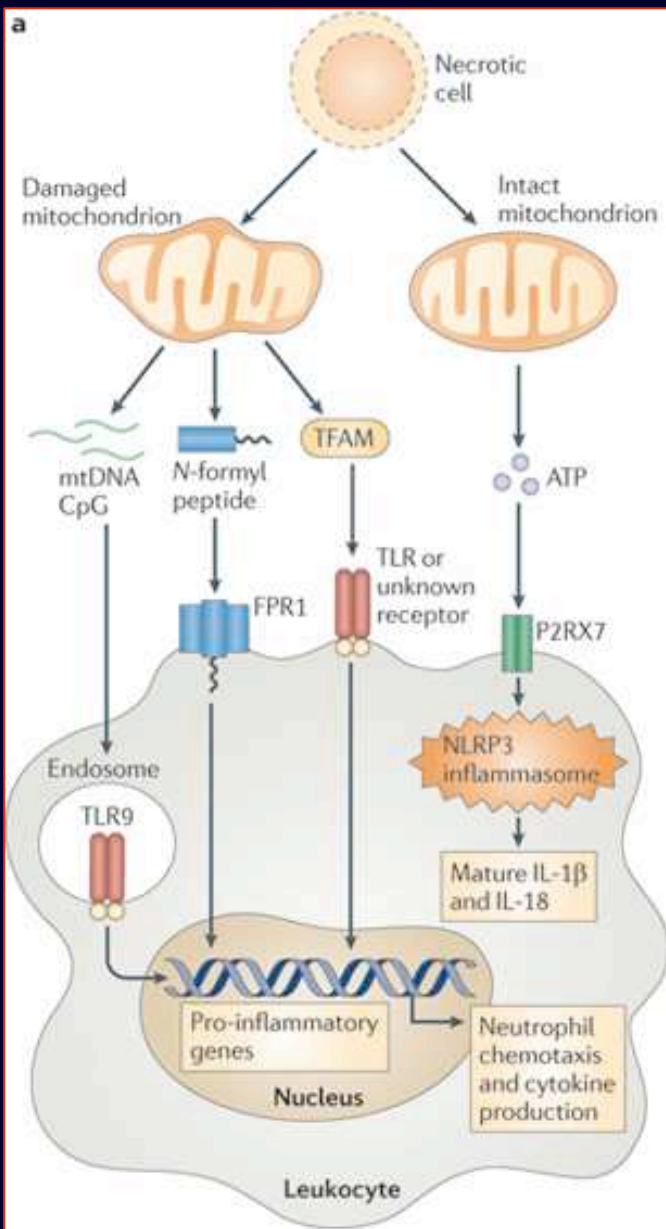
40 mm Hg of Oxygen at Mitochondrial Level

Damaged Mitochondrion



Healthy Mitochondrion





Fick Equation

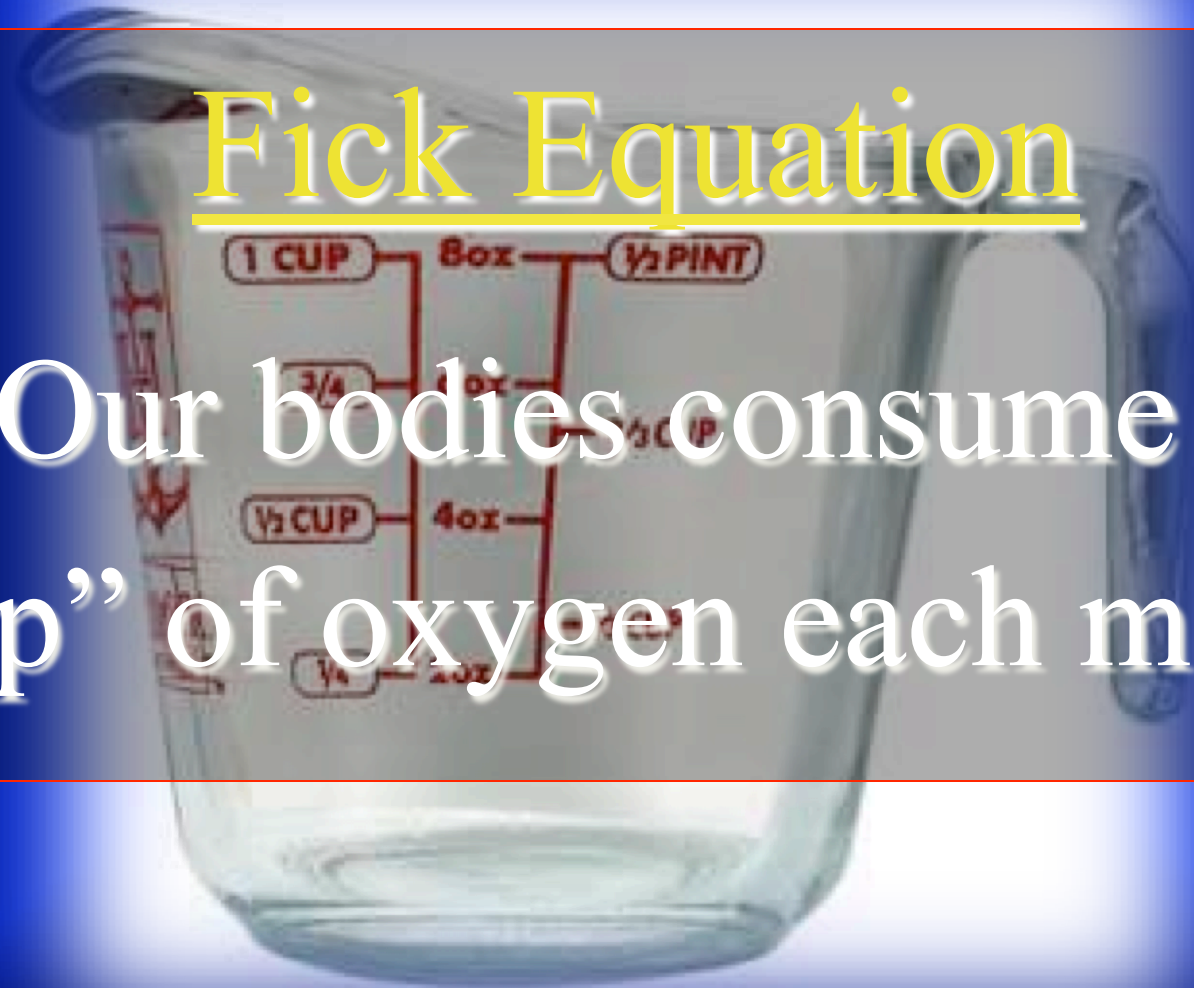
➤ Gives “consumed oxygen”

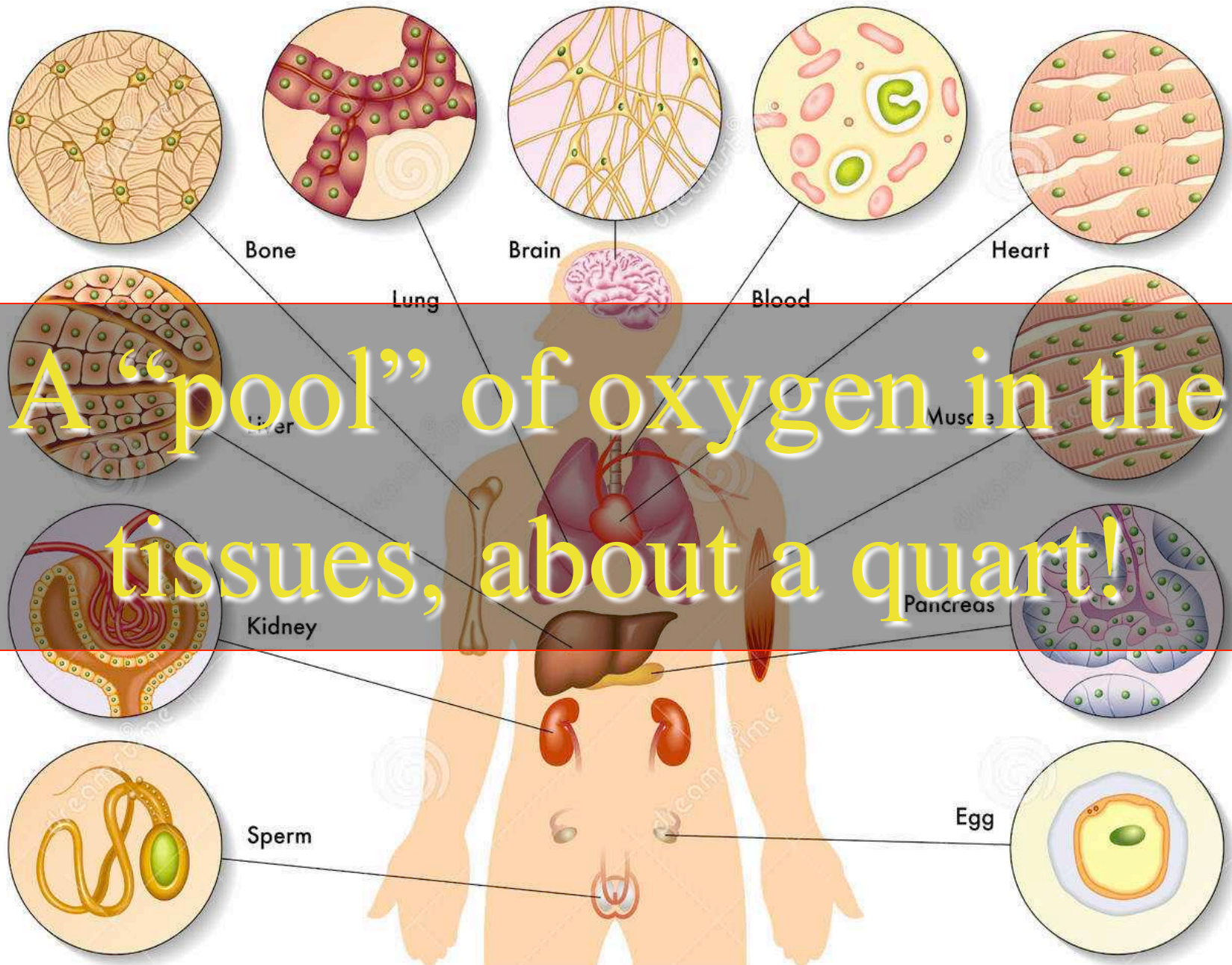
$$\text{VO}_2 = 1.38 (\text{Hb})(\text{CO}) \\ (\text{SaO}_2 - \text{SvO}_2) / 10$$

(normally 240-290 cc/min)

Fick Equation

Our bodies consume a
“cup” of oxygen each minute





Bone

Lung

Brain

Blood

Heart

Liver

Kidney

Sperm

Egg

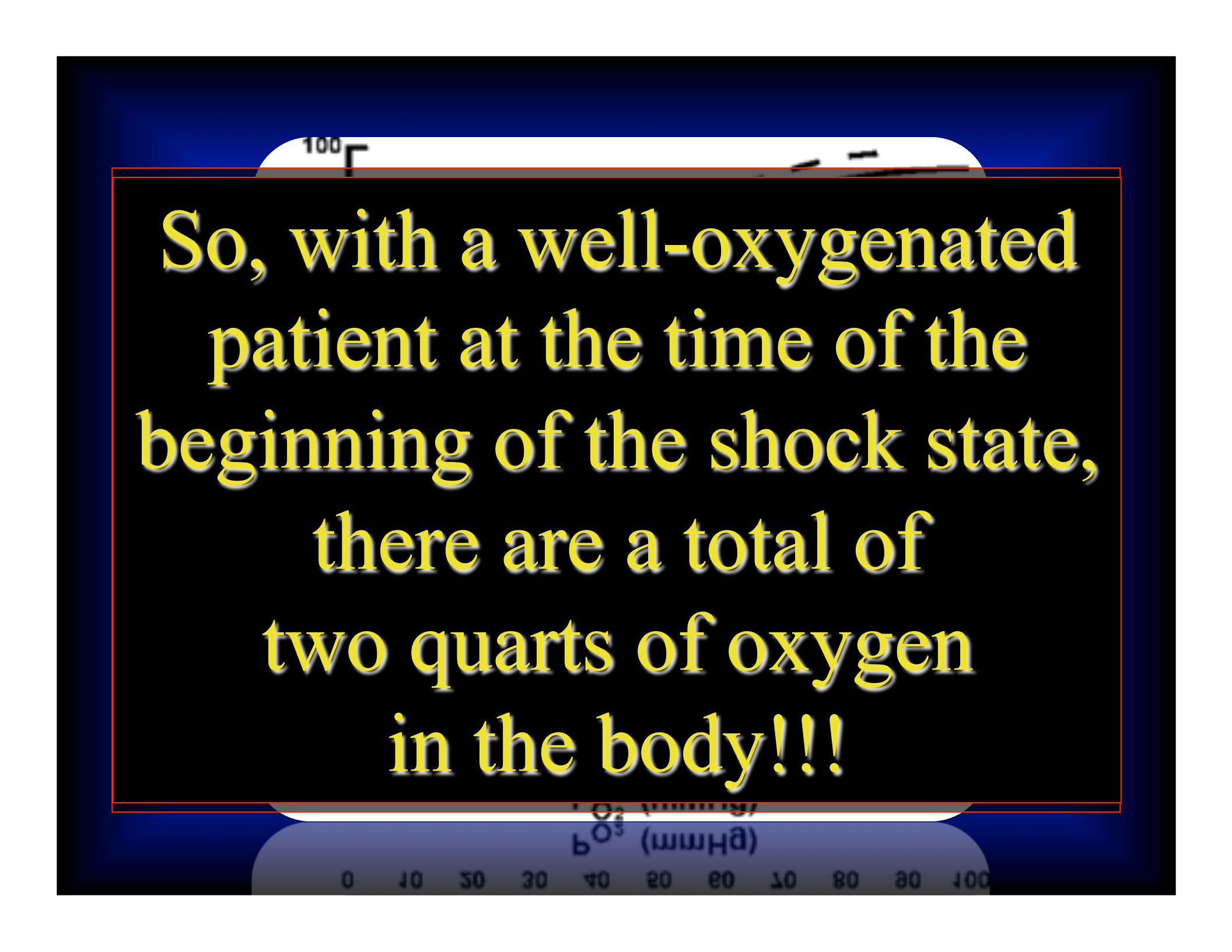
Muscle

A "pool" of oxygen in the tissues, about a quart!

20 cc O₂ / 100 cc Blood

5000 cc / 100 cc = 50 factor

20 cc x 50 = A Quart!



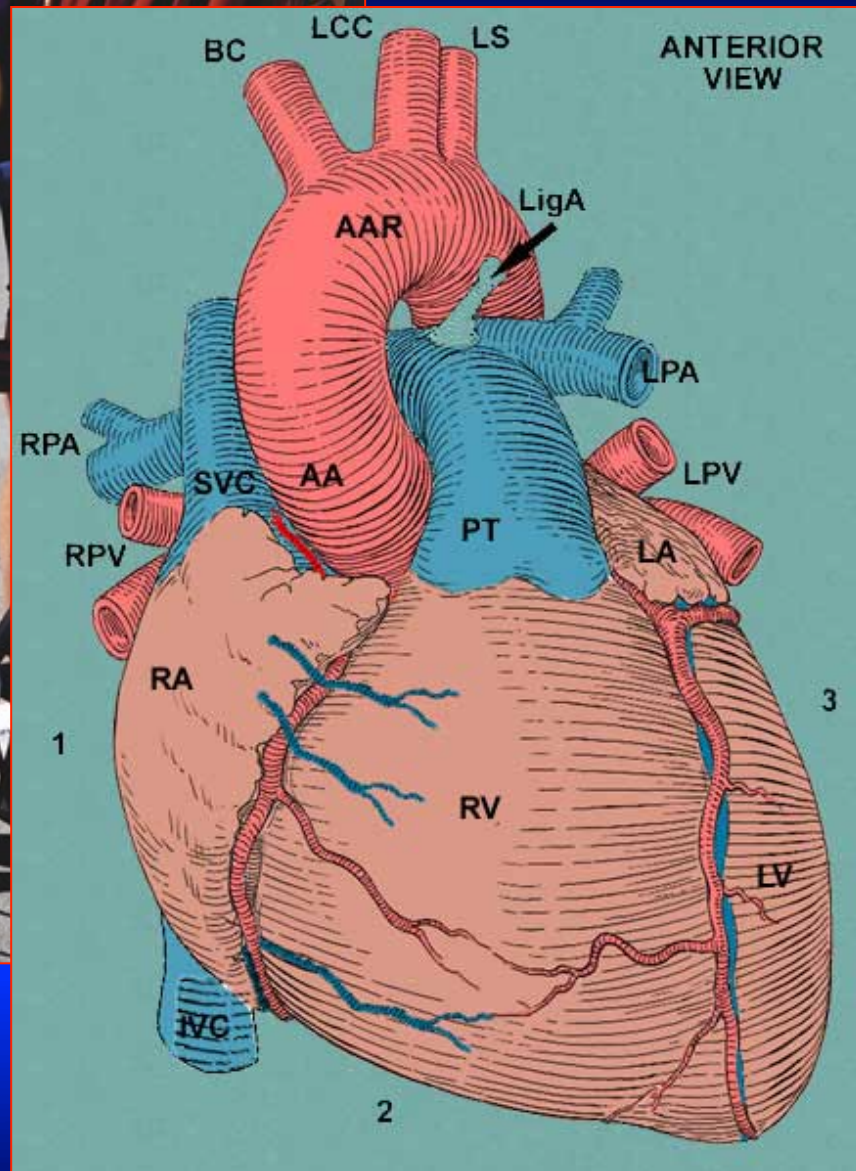
So, with a well-oxygenated patient at the time of the beginning of the shock state, there are a total of two quarts of oxygen in the body!!!


$$BP = C.O. \times PVR$$

$$C.O. = HR \times SV$$


$$BP = C.O. \times PVR$$

$$C.O. = HR \times SV$$



What does a low blood pressure mean?

Either...

*Or a combination
of any of these*

...from BTLS/ITLS, editions 2, 3, 4, 5, 6, 7, and 8 Fowler et al

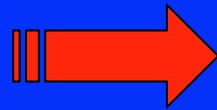
Signs of Shock

Early



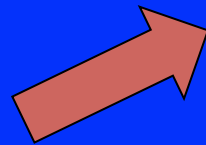
Weak, thirsty, lightheaded
Pale, then sweaty
Tachycardia
Tachypnea
Diminished urinary output

Late



Hypotension
Altered LOC
Cardiac arrest
Death

Shock



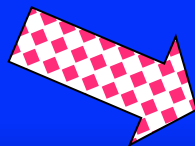
Cardiogenic

Rapid pulse
Distended neck veins
Cyanosis



Volume Loss

Rapid pulse
Flat neck veins
Pale



Vasodilatory

Variable pulse
Flat neck veins
Pale or pink

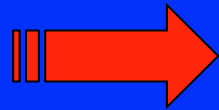
Signs of Shock

Early



*Lactate Begins
to appear during
this period!!*

Late



**Hypotension
Altered LOC
Cardiac arrest
Death**

ITLS Shock 2015 and Beyond

8



Shock

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Paul E. Pepe, MD, MPH, FACEP, FCCM

John T. Stevens, EMT-P

Mario Luis Ramirez, MD, MPP

Howard Mell, MD, MPH

Shock	Shock	Choc	Wstrząs	Schock
Šok	الصدمة	šok	Šok	Sokk

1. Shock Assessment: How low can you go?

ROC Hypo Resus Pilot Trial
of 191 patients with major
trauma: No clear indicators!

2. TXA now recommended
for traumatic hemorrhage.
It is being studied for TBI.

Whether TXA has any impact on trauma outcomes when damage-control resuscitation or MT protocols are used;

The mechanism by which TXA reduced mortality in trauma in the CRASH-2 Trial;

Whether fibrinolysis testing should be performed before consideration of TXA treatment;

What is the optimal dose and timing of TXA in trauma;

Whether other antifibrinolytic agents could be substituted for TXA use in trauma;

Whether TXA is associated with higher seizure rates in trauma or TBI patients.

**What do we
still not know**

about Tranexamic Acid?

A Rational Approach for TXA use in Trauma

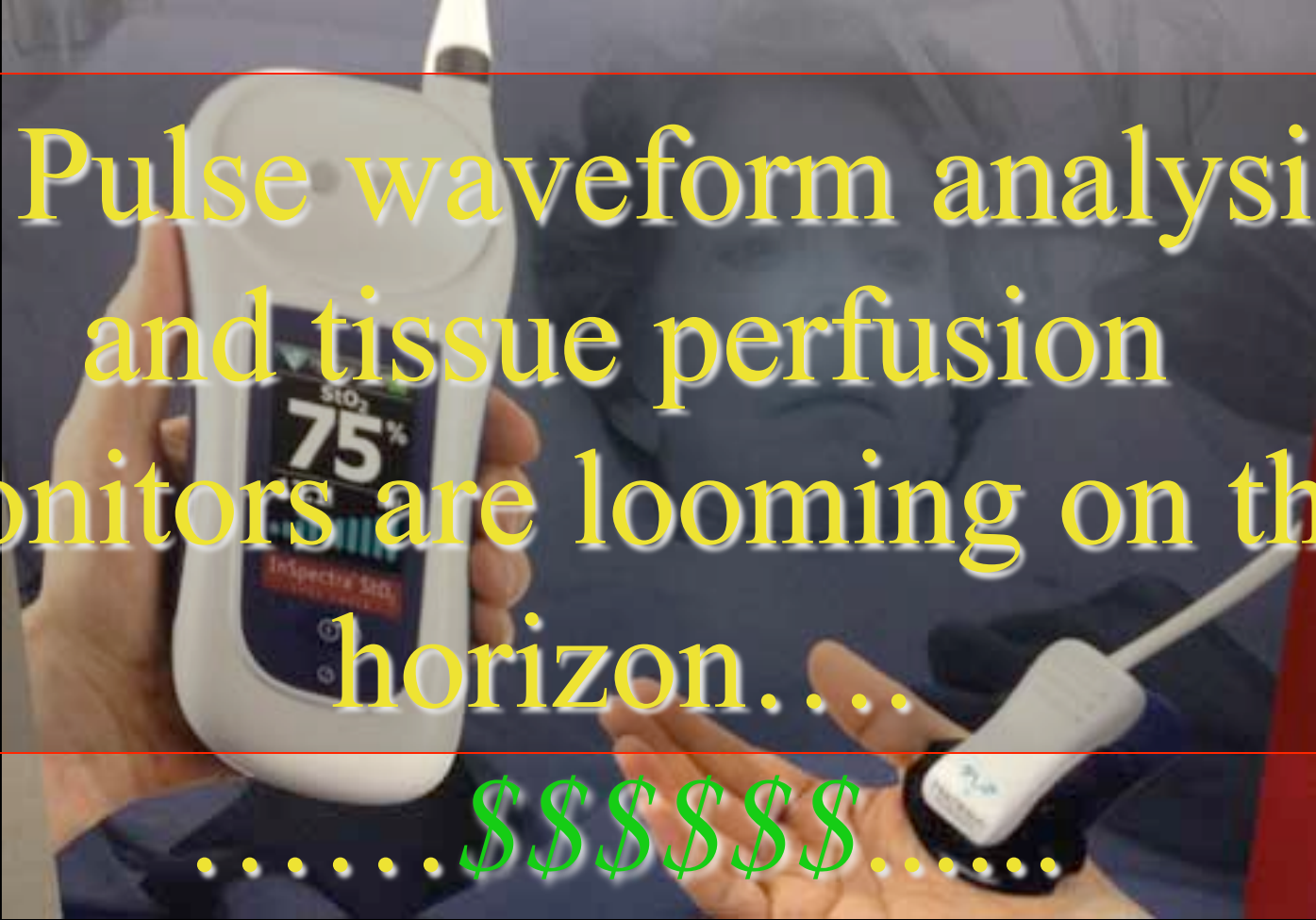
In adult trauma patients with severe hemorrhagic shock (SBP \leq 75 mm Hg), with known predictors of fibrinolysis, or with known fibrinolysis by Thromboelastography (TEG);

ONLY administer TXA if less than 3 hours from time of injury; **LATER IS DANGEROUS!!**

TXA administration: 1 g intravenously administered over 10 minutes, then 1 g intravenously administered over 8 hours.

3. Corollary:

The injured brain does NOT
tolerate hypotension!



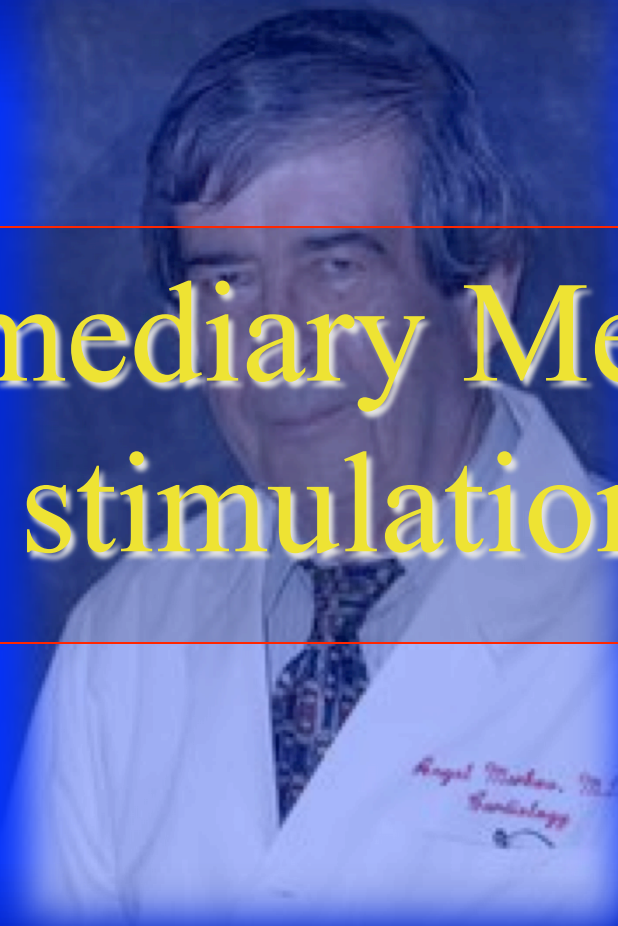
4. Pulse waveform analysis
and tissue perfusion
monitors are looming on the
horizon.....

.....\$\$\$\$\$\$.....

5. Think Pelvic Binders



6. Intermediary Metabolism stimulation



Surgery. 1987 Sep;102(3):515-27.

Increasing survival of dogs subjected to hemorrhagic shock by administration of fructose 1-6 diphosphate.

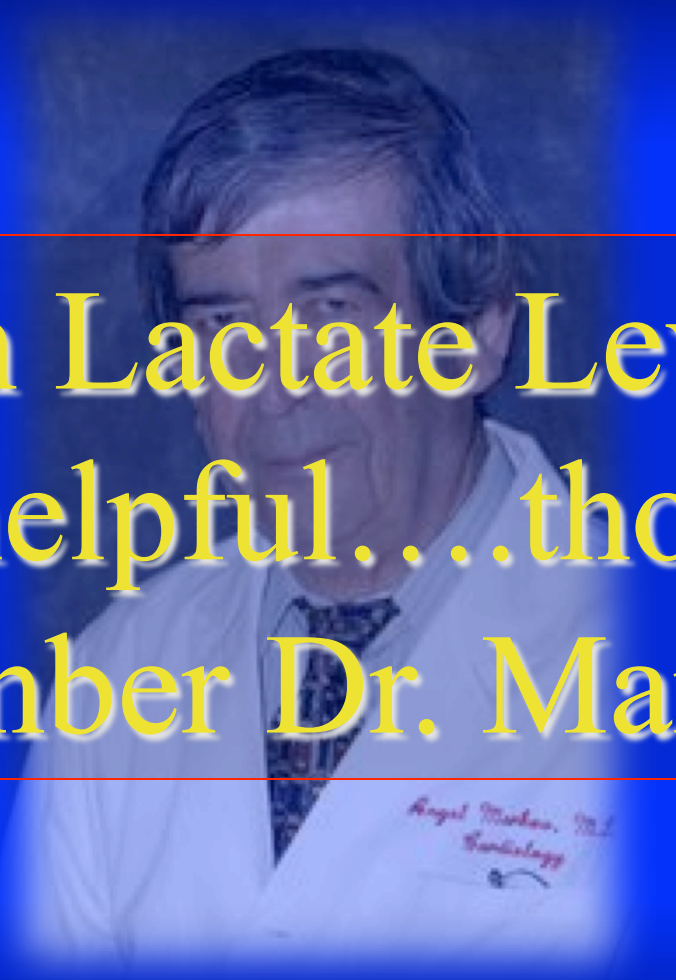
Markov AK, Terry J 3rd, White TZ, Didlake RH, Hellems HK.

Abstract

Previous reports from this laboratory described animal experiments in which intravenous administration of fructose 1-6 diphosphate (FDP) at the onset of hypovolemia, toxemia, and trauma effected improvement in hemodynamic and metabolic parameters, attenuation of tissue damage, and a significant increase in survival. The obvious question remained: Would this agent be as effective if administered after the onset of the shock syndrome? Thus 72 anesthetized dogs were subjected to normotensive hemorrhagic shock and were subsequently treated with FDP at 30 minutes, 1 hour, 90 minutes, and 2 hours after exsanguination. Analysis of the results (as compared with vehicle-treated controls) revealed evidence of improved cardiac output and arterial pressure (p less than 0.02), conservation of effective circulatory volume, better oxygen utilization, and a significant increase in survival (p less than 0.0001). These results, in conjunction with earlier experimental and recent clinical data, indicate that the therapeutic effect of FDP in ischemic and hypoperfusion states is in part metabolically mediated by the augmentation of carbohydrate utilization. Prevention of tissue injury is in part due to the inhibition of generation of oxygen-derived free radicals by neutrophils.

Is there a future in
trauma resuscitation for
intermediary mediator
modulators??

- *FDP*
- *Vitamin C*
- *Nitric Oxide inhibitors*



7. Serum Lactate Levels may
be helpful....though
remember Dr. Markov!!

The Current Evidence:

*Reaching the plane of
volume resuscitation vs.
worsening outcomes*

The Current Evidence:

*Time-Sensitive Condition
System Construction:
Can every facility provide
optimal care?
Frequency? Training?*



Thinking of the Vascular System


$$BP = C.O. \times PVR$$

$$C.O. = HR \times SV$$

It is with attention to
all of the elements of the
vascular system that
evaluation and treatment
are optimized

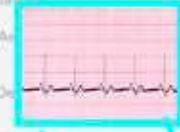
The Approach to the Hypotensive Patient in the Modern Era

Used with gratitude from www.emdocs.net

A Systematic Approach to arriving at the Best Possible Explanation

Pace or Cardiovert?
 unstable brady (<40)
 unstable, non-sinus tachy (>170)

1. HEART RATE



2. VOLUME



U/S for IVC & LV volume

hypovolemia?
 hemorrhage? → FAST, AAA?
 **IVC >>> LV volume if there is obsxn to flow through heart or lungs ...

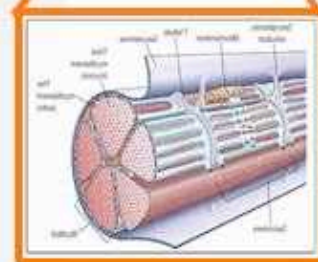
Tamponade?
 New RV infarction?
 Massive PE?
 Asthmatic alveolar air trapping?
 Tension pneumothorax?

3. CONTRACTION

ECG & U/S for LV fxn

Volume in lumen during diastole?
 LV walls collapse well in systole?

Is volume truly going forward?
 (listen for regurg murmur & rales)



** When 1-3 are okay, then volume is going forward ... so consider peripheral vasodilation +/- mitochondrial dysfxn

- Cervical spinal cord compression?
- Anaphylaxis?
- Fulminant liver failure?
- Sepsis?
- Mitochondrial poison (Cyanide, CO)?

1. Heart Rate (HR):

- Approach: Look at the HR on the monitor.
- **Increased or decreased HR can lead to hypotension.**
- **Tachycardia**: In general, unstable, non-sinus HR > 170 (threshold varies with compliance of LV and age of pt) can result in hypotension.
 - Physiology:
 - \uparrow HR \rightarrow \downarrow stroke volume because there is **less time for diastolic filling** \rightarrow \downarrow Cardiac Output (HR x SV) \rightarrow hypotension
 - Additionally, since less time is spent in diastole, the ventricular myocardium has **inadequate relaxation time** to allow flow through *intramyocardial* perforating coronary branches. This leads to **ischemia of the LV subendocardium**. Ischemia can progress from the subendocardium to more superficial layers of the LV myocardium and result in **poor contractile function** \rightarrow hypotension
 - Also, diffuse ischemia can produce heterogeneous myocyte repolarization patterns \rightarrow **re-entrant arrhythmia or fibrillation**.
 - The key is to differentiate between tachycardia as a **response to hypotension** or tachycardia as the **cause of hypotension**.
 - Typically HR > 170 starts to affect diastolic filling and can result in hypotension \rightarrow suspect tachycardia as the cause of hypotension.
 - Typically HR < 170 does not affect diastolic filling \rightarrow suspect tachycardia as the response to hypotension.
 - Of note: AFib w/ RVR may result in hypotension at lower HR thresholds because short diastolic filling is compounded by loss of atrial contraction, and hence LV filling is solely passive. In this setting, non-compliant LVs may fail to fill at HRs as low as 140.
 - **Bradycardia**: In general, unstable HR < 50 can result in hypotension.
 - Physiology: \downarrow Heart Rate \rightarrow \downarrow Cardiac Output \rightarrow Hypotension
 - Differential: Know your tachyarrhythmias and bradyarrhythmias, but in general treat appropriately \rightarrow cardiovert or pace the patient.

2. Volume Status:

- Assess this **after** you've determined that the HR is a result of hypotension, not the cause (since rapid heart rates impair diastolic filling and will enlarge the IVC as volume remains peripherally).
- Physiology: ↓ Volume Status -> ↓ Stroke Volume -> ↓ Cardiac Output -> Hypotension
- Approach: Do a quick bedside physical examination, then grab your ultrasound probe to assess the **inferior vena cava (IVC) and left ventricle (LV) volume**.
 - Physical examination:
 - Look at the patient's face.
 - Dry mucous membranes?
 - Sunken eyes?
 - Feel the extremities.
 - Abnormal skin turgor (ie tenting when pinched)?
 - Poor capillary refill (ie > 2 seconds)?
 - Weak pulse?
 - Cool extremities?
 - IVC/LV Ultrasound

1. Flat/collapsed IVC (anteroposterior diameter of the IVC < 2 cm in size with > 50% collapse with respiratory variation) with **hyperdynamic LV**.

- Differential: **Hypovolemia vs. Hemorrhage**.
 - Is this due to hypovolemia from dehydration?
 - Hemorrhage from a ruptured AAA/ectopic/GI Bleed?
 - FAST the patient
 - Abdominal aorta > 3 cm indicates AAA
 - Abdominal or pelvic free fluid
 - Serial bedside HGB testing
 - Treatment: Fluid/blood resuscitation

2. Plethoric / plump, non-compressible IVC, which is **significantly greater than LV volume**.

- Ask yourself if there is an obstruction to the flow through the heart or the lungs? -> Obstructive shock
- Differential: Cardiac tamponade vs. RV infarction vs. severe pulm HTN/massive pulmonary embolism (PE) vs. asthmatic alveolar air trapping vs. tension pneumothorax (PTX)
 - Ultrasound findings to look for:
 - Anechoic fluid surrounding heart with diastolic collapse -> cardiac tamponade
 - RV strain (RV/LV ratio > 0.9, "D sign") -> Pulmonary HTN of some cause (massive PE? Alveolar air trapping?)
 - Lack of lung sliding or "bar code" sign -> PTX
 - Treatment: Depends on underlying cause

3. Distended, non-collapsing IVC with dilated LV

- Move on to cardiac cause in step 3

4. Normal IVC with diameter >2cm but <50% collapse with respiration

- May trial a small bolus of volume if lung auscultation is clear
- Move on to cardiac cause in step 3

3. Cardiac Performance:

- Assess this **after** you've determined that step 1 and 2 are normal. That is, the HR is not the cause of diastolic limitations to myocardial blood flow, intravenous volume is adequate, and there is no obstruction to flow through the thoracic circuit.
- Physiology: ↓ Cardiac Contractility -> ↓ Stroke Volume -> ↓ Cardiac Output -> Hypotension
- Approach: Assess **myocardial performance** by cardiopulmonary physical examination, ECG, and bedside ultrasound to assess left ventricular (LV) function.
 - Physical examination
 - High-pitched holosystolic murmur radiating to axilla?
 - Diastolic murmur at RUSB radiating to LLSB?
 - Systolic murmur at RUSB radiating to neck?
 - Crackles/rales?
 - Elevated JVP or obvious JVD?
 - Peripheral edema?
 - Ultrasound – Short axis parasternal view
 - Do the LV walls collapse well in systole?
 - If not, there is decreased LV contractility/EF
 - Treatment: inotropy to move blood forward +/- vasopressors to increase SVR/diastolic pressure and hence coronary perfusion.
 - Is volume truly going forward? -> Acute mitral regurgitation (MR) or acute aortic regurgitation (AR)
 - Murmur and rales on exam with multiple B lines on lung sonography
- Differential: **Cardiogenic shock** (Decompensated heart failure, acute MI, acute MR, acute AR)

4. Systemic Vascular Resistance:

- If 1-3 are okay, then the pt is hypotensive *despite* a HR allowing diastolic filling of LV lumen and coronary arteries, adequate intravenous volume, no obstruction through the pulmonary circuit and hence adequate LV diastolic volume, and adequate contractile function with forward flow out the aortic root. In this setting, there must be a component of peripheral vasodilation to explain low intravascular tone at the measured artery.
- Physiology: Since blood pressure is a balance of cardiac output and systemic vascular resistance, decreasing SVR can result in hypotension.
- Approach:
 - Physical examination
 - How do the extremities feel? Are they warm and vasodilated? Or are they cold, clamped and vasoconstricted?
 - Differential: **Distributive shock** (sepsis, anaphylaxis, vasodilatory medication overdose, neurogenic shock, fulminant liver failure, and other causes of severe acidemia including toxic ingestion, inherent metabolic disturbance, or mitochondrial poisons like cyanide, hydrogen sulfide, & carbon monoxide).
 - Treatment: Depends on underlying cause

Follow a Four Step Systematic Approach

1. Heart Rate
2. Volume Status
3. Cardiac Performance
4. Systemic Vascular Resistance

Evaluating Heart Rate as a Cause of Shock

1. \uparrow HR \rightarrow \downarrow stroke volume because there is ***less time for diastolic filling***
 \rightarrow \downarrow Cardiac Output (HR x SV) \rightarrow hypotension

Evaluating Heart Rate as a Cause of Shock

2. Since less time in diastole, the ventricular myocardium has inadequate relaxation time to allow flow through *intra-myocardial* perforating coronary branches. *This leads to ischemia of the LV -> poor contractile function -> hypotension*

Evaluating Heart Rate as a Cause of Shock

Bradycardia:

In general, unstable HR < 50 can result in hypotension.

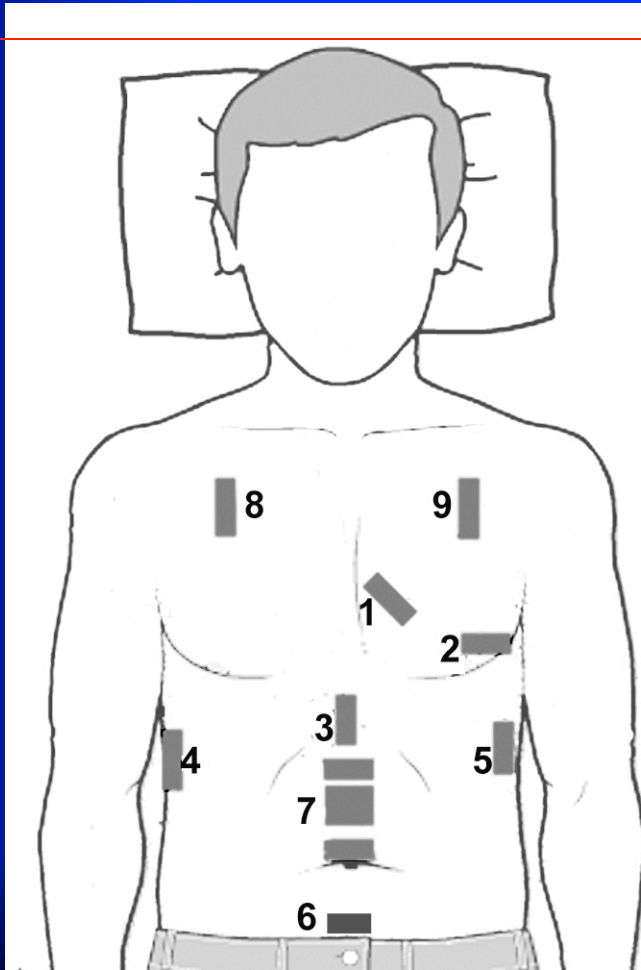
Physiology:

↓ Heart Rate → ↓ Cardiac Output → Hypotension

Evaluating Hypovolemia as the Cause of Shock

Physiology: \downarrow Volume Status \rightarrow \downarrow Stroke Volume \rightarrow \downarrow Cardiac Output \rightarrow Hypotension
Approach: Do a quick bedside physical examination, then grab your ultrasound probe to assess the inferior vena cava (IVC) and left ventricle (LV) volume.

Evaluating Hypovolemia as the Cause of Shock



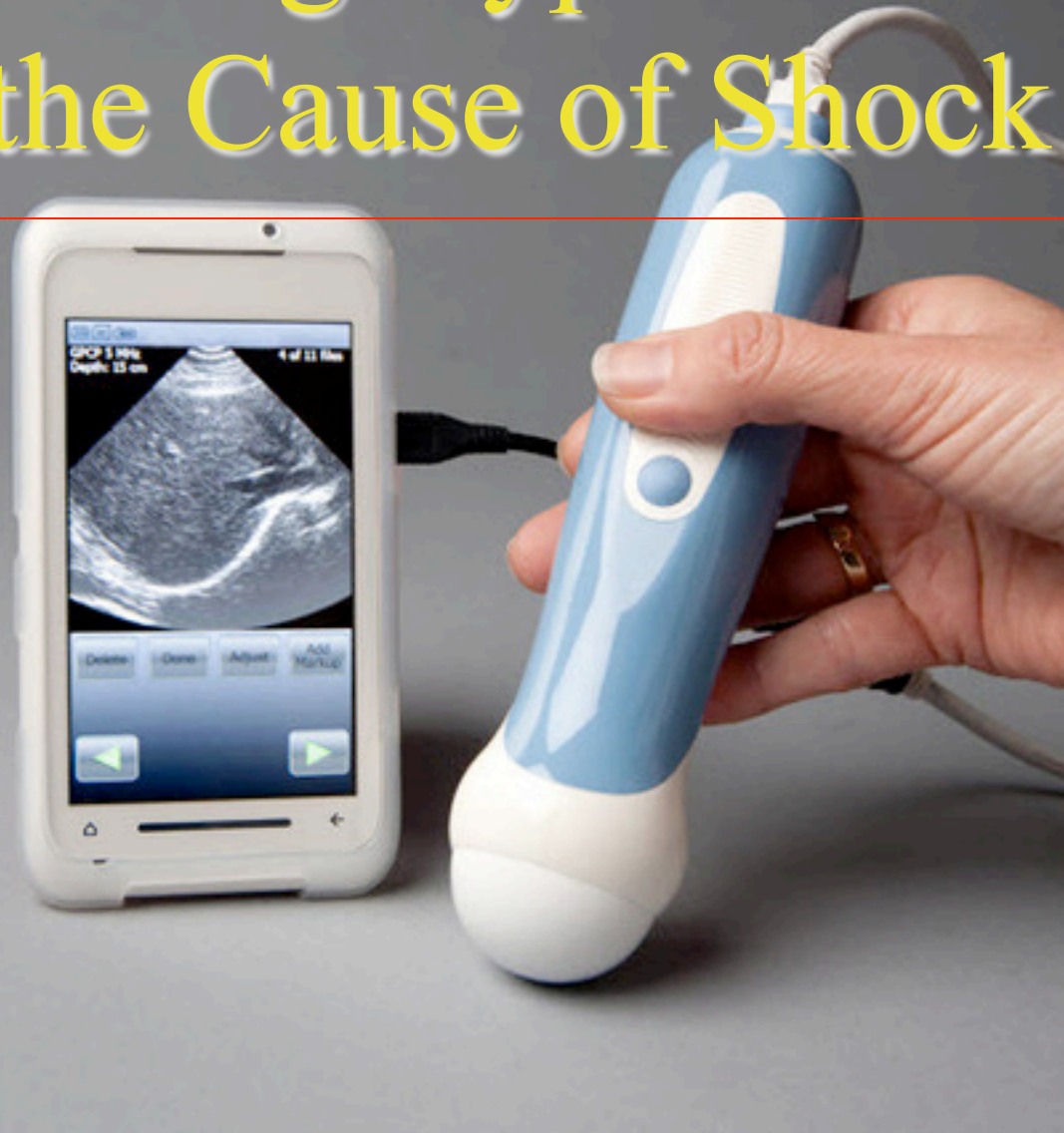
RUSH Exam Sequencing

1. Parasternal Long Cardiac View
2. Apical Four-Chamber Cardiac View
3. Inferior Vena Cava View
4. Morison's with Hemothorax View
5. Splenorenal with Hemothorax View
6. Bladder View
7. Aortic Slide Views
8. Pneumothorax View
9. Pneumothorax View

Use Curvilinear Array for 1-7

Use High-Frequency Array for 8 & 9

Evaluating Hypovolemia as the Cause of Shock



Evaluating Hypovolemia as the Cause of Shock

F 3.5 MHz G 64%
D 17 CM XV C
PRC 10-1-H PRS 3
PST 4



Evaluating Hypovolemia as the Cause of Shock

Physical examination:

- Look at the patient's face.
 - Dry mucous membranes?
 - Sunken eyes?
- Feel the extremities.
 - Abnormal skin turgor (i.e., tenting when pinched)?
 - Poor capillary refill (ie > 2 seconds)?
 - Weak pulse?
 - Cool extremities?

Evaluating Hypovolemia as the Cause of Shock

IVC/LV Ultrasound:

Flat/collapsed IVC (anteroposterior diameter of the IVC < 2 cm in size with $> 50\%$ collapse with respiratory variation) with **hyperdynamic left ventricle [LV]**

Differential: **Hypovolemia vs. Hemorrhage.**

Is this due to hypovolemia from dehydration?

Plethoric / plump, non-compressible IVC, which is **significantly greater than LV volume.**

Ask yourself if there is an obstruction to the flow through the thorax (“obstructive, or mechanical, shock”)

Evaluating Hypovolemia as the Cause of Shock

Distended, non-collapsing IVC with dilated LV:

Move on to cardiac cause in step 3

Normal IVC with diameter $>2\text{cm}$ but $<50\%$ collapse with respiration:

May trial a small bolus of volume if lung auscultation is clear, then Move on to cardiac cause in step 3

Evaluating Hypovolemia as the Cause of Shock

F 3.5 MHz G 64%
D 17 CM XV C
PRC 10-1-H PRS 3
PST 4



Evaluating Cardiac Performance as the Cause of Shock

Assess this after you've determined
that step 1 and 2 are normal:

*...that is, the HR is not the cause of
diastolic limitations to myocardial blood
flow, intravenous volume is adequate,
and there is no obstruction to flow
through the thoracic circuit....*

Evaluating Cardiac Performance as the Cause of Shock

Physiology: ↓ Cardiac Contractility ->
↓ Stroke Volume -> ↓ Cardiac Output ->

Hypotension

Evaluating Cardiac Performance as the Cause of Shock

Approach: Assess myocardial performance

- Cardiopulmonary physical examination
- Electrocardiogram
- Bedside ultrasound to assess left ventricular (LV) function

Evaluating Systemic Vascular Resistance as the Cause of Shock

$$BP = C.O. \times PVR$$

Physiology: Since blood pressure is a balance of cardiac output and systemic vascular resistance, decreasing SVR can result in hypotension.

Evaluating Systemic Vascular Resistance as the Cause of Shock

$$BP = C.O. \times PVR$$

Approach: Physical examination

How do the extremities feel? Are they warm and vasodilated?

Or, are they cold & vasoconstricted?

Evaluating Systemic Vascular Resistance as the Cause of Shock

Differential: **Distributive shock** (sepsis, anaphylaxis, vasodilatory medication overdose, neurogenic shock, fulminant liver failure, and other causes of severe acidemia including toxic ingestion, inherent metabolic disturbance, or mitochondrial poisons like cyanide, hydrogen sulfide, & carbon monoxide).

emDocs

ALL CONTENT

PRACTICE UPDATES

ASK ME ANYTHING

www.emdocs.net

<http://www.emdocs.net/hypotensive-ed-patient-sequential-systematic-approach/>



Summary Thoughts:
Shock 2015 and Beyond



“There are **known knowns**.
These are things we know that
we know.

“There are **known unknowns**.
That is to say, there are things
that we know we don't know.

“But there are also unknown
unknowns. There are things
we don't know we don't know.”

- Donald Rumsfeld

What do we know?

Things we KNOW we KNOW

*Things we KNOW that
we don't KNOW*

*Things we don't KNOW
that we don't KNOW*

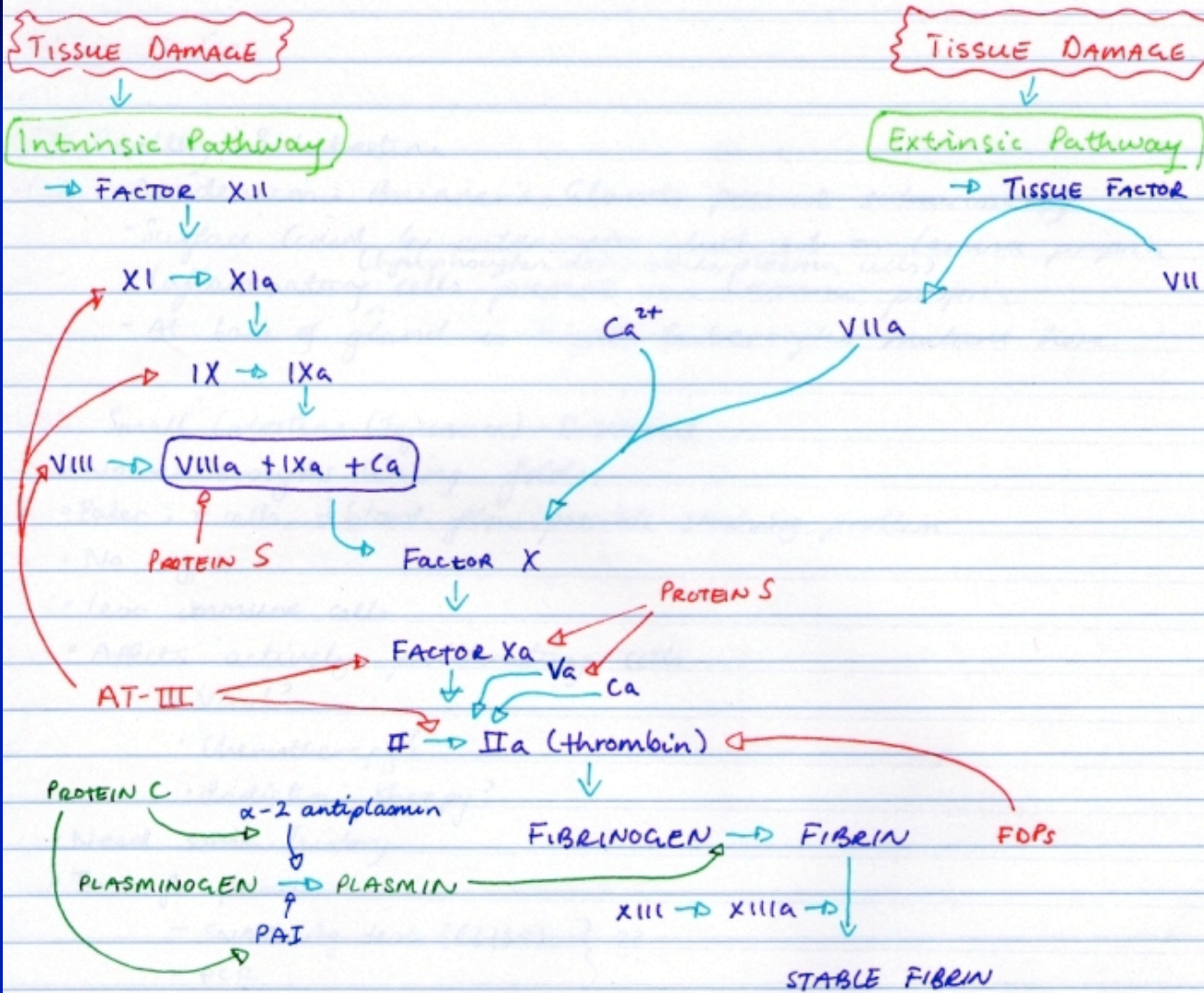
Things we KNOW we KNOW

- *Airway Management*
- *Bleeding Control*
- *Immobilization (probably)*
- *Positive pressure for ARDS*
 - *Avoiding Aspiration*
- *Hypertonic saline seems NOT to work*
 - *.....and so on and so on*

Things we KNOW that we don't KNOW

- *The right dose of epinephrine in C.A.*
- *The right amount of IV fluids in shock*
- *Which is the best resuscitation fluid?*
 - *TXA for bleeding (with a caveat)*
 - *TXA for T.B.I.*
 - *30:2 vs CCC in OHCA*

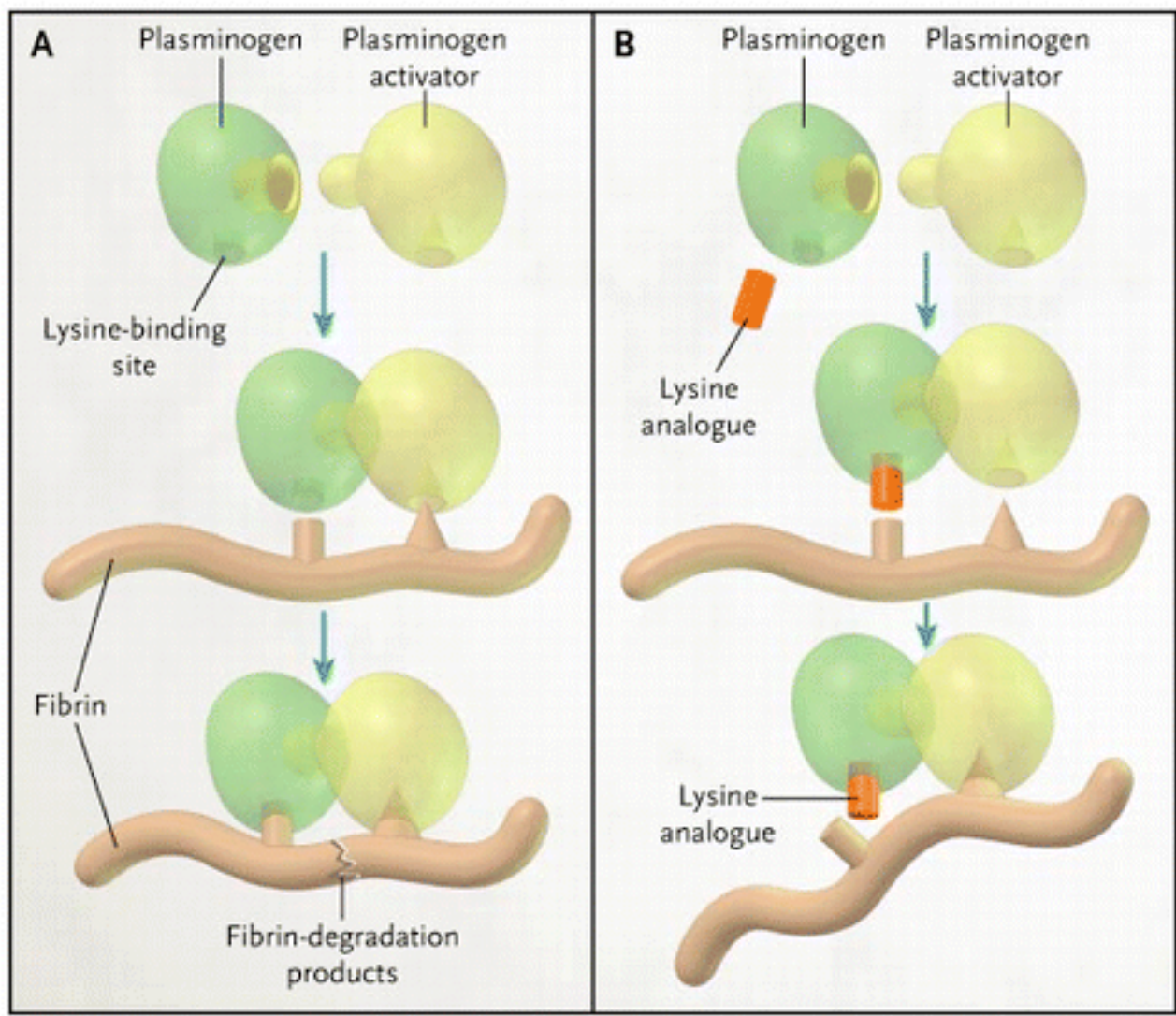
COAGULATION CASCADE



~ = Fibrinolytic Inhibitors

~ = Fibrinolytic Agents

~ = Coagulation Inhibitors



Things we don't KNOW that we don't KNOW

*Is there a role for intermediary metabolism Rx?
(Glucose-Insulin-K⁺ didn't work for STEMI)*

*Should we monitor the breakdown products of
the various organs (TBI, kidneys)?*

*Is there a future fluid out there that will be
the ideal resuscitation fluid?*

Etc etc etc....every tissue....every condition

Future Directions

Ideal Resuscitation Fluid

Meddling around with the clotting cascade??

The ideal advanced airway (quick, 100% reliable)

Smart monitors: Central hub of decision-making

Intermediary Metab Support

The search for a safe and effective blood substitute

Tissue Oxygenation monitor

Ultrasound in the field!?!?!?

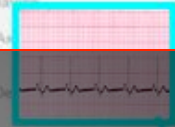
Control apoptotic processes

*The Understanding of
Basic Physiology must
BP = CO x PVR
ALWAYS guide
Evaluation and Management*



Pace or Cardiovert?
 unstable brady (<40)
 unstable, non-sinus tachy (>170)

1. HEART RATE



2. VOLUME



U/S for IVC & LV volume

hypovolemia?
 hemorrhage? → FAST, AAA?
 **IVC >>> LV volume if there is obsxn to flow through heart or lungs ...

Tamponade?
 New RV infarction?
 Massive PE?
 Asthmatic alveolar air trapping?
 tension pneumothorax?

Can we bring the comprehensive process of patient assessment to the field?

If not now, when?

4. SVR ↓

** When 1-3 are okay, then volume is going forward ... so consider peripheral vasodilation +/- mitochondrial dysfxn

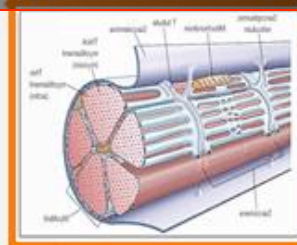
- Cervical spinal cord compression?
- Anaphylaxis?
- Fulminant liver failure?
- Sepsis?
- Mitochondrial poison (Cyanide, CO)?

5. CONTRACTION

ECG & U/S for LV fxn

Volume in lumen during diastole?
 LV walls collapse well in systole?

Is volume truly going forward?
 (listen for regurg murmur & rales)



For now and into the distant
future....

Every patient is your
teacher...

*You have to search
for the lesson*





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